



A MINUTE OF HEALTH WITH CDC

Avoiding Alcohol During Pregnancy

Alcohol Use Among Women of Childbearing Age — United States, 2006–2010

Recorded: July 24, 2012; posted: July 26, 2012

This program is presented by the Centers for Disease Control and Prevention.

If you're pregnant or might get pregnant, you can start taking care of your child long before birth. Drinking alcohol during pregnancy can have permanent negative health effects on your developing baby. Fetal alcohol spectrum disorders are caused by drinking during pregnancy and involve physical, behavioral, and learning problems in a baby that last a lifetime.

Because there is no known safe level of alcohol consumption during pregnancy, if you're pregnant or might get pregnant, don't drink. Fetal alcohol spectrum disorders are 100 percent preventable if alcohol is not consumed during pregnancy, so why take the risk?

Thank you for joining us on *A Minute of Health with CDC*.

For the most accurate health information, visit www.cdc.gov or call 1-800-CDC-INFO.